

# FALL 2019

Effective September 4, 2019

## GYMNASIUM SCHEDULE (BASKETBALL COURT)

# BRONX HOUSE

990 Pelham Parkway  
S Bronx, NY 10461  
718.792.1800  
www.bronxhouse.org

SCHEDULES ARE  
SUBJECT TO  
CHANGE  
SEASONALLY

### GYM Hours:

Monday–Thursday:  
9:15am–8:45pm

Friday  
10:30am–8:45pm

Saturday  
10am–4:45pm

Sunday:  
8:30am–4:45pm

### MONDAY

Senior Conditioning  
9:15-10:15am

Pre-K Gym  
10:30-12:00pm

Adult Gym  
12:00pm-2:30pm

After School Program  
2:30-6:15pm

Adult Gym  
FULL COURT BB  
6:30-8:45pm

### TUESDAY

Silver Sneakers  
9:15-10:15am

Pre-K Gym  
10:30-12:00pm

Adult Gym  
12:00pm-2:30pm

After School Program  
2:30-6:15pm

Teen Gym  
FULL COURT BB  
6:30-8:45pm

### WEDNESDAY

Senior Conditioning  
9:15-10:15am

Pre-K Gym  
10:30-12:00pm

Adult Racquetball  
12:00-2:30pm

After School Program  
2:30-6:15pm

Adult Gym  
FULL COURT BB  
6:30-8:45pm

### THURSDAY

Silver Sneakers  
9:15-10:15am

Pre-K Gym  
10:30-12:00pm

Adult Gym  
12:00pm-2:30pm

After School Program  
2:30-6:15pm

Teen Gym  
FULL COURT BB  
6:30-8:45pm

### FRIDAY

Pre-K Gym  
10:30am-12pm

Adult Racquetball  
12:00-2:30pm

After School Program  
2:30-6:15pm

Adult Gym  
FULL COURT BB  
6:30-8:45pm

### SATURDAY

Pre-School Sports  
10:00-12:00pm

Youth Sports  
12:00-3:00pm

Teen Gym  
FULL COURT BB  
3:00-4:45pm

### SUNDAY

Adult Gym  
8:30-11:00am

Family Gym  
11:00am–12:00pm

CLOSED  
12pm–2pm

Teen Gym Basketball  
2pm-4:45pm



For questions or concerns -  
Please contact Fitness Director, Ari Ruiz.  
Email: Ari@bronxhouse.org  
Phone: 718-792-1800, ext 244

### AGE RESTRICTIONS:

- ⇒ Ages 15–18 are considered eligible for Teen Gym.
- ⇒ Ages 19 & older are considered eligible for Adult gym

### FAMILY GYM :

- ⇒ Parents must be present during Family Gym with children!